**Creating Responsible Thinking Process®**

**From Perceptural Control Theory**

**By Edward Ford**

# OUTSIDE BRAIN INSIDE BRAIN

### Disturbances

Anyone or anything that interferes with what you are trying to achieve

**Highest Levels of Reference Signals**

**System Concepts –**

The kind of person I want to be. My beliefs and values.

**Principles –**

Setting priorities, assigning importance creating standards, criteria, rules, procedures.

**Program –**

How we structure our lives, plans we make

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At the highest levels are where real change takes place in a human being and where we determine the type of person we want to be. .

Reference Signals our wants, goals, intentions

How you want things to be.

**COMPARE**

**Present Perception or Experiences**

What you’re sensing or seeing (external) or feeling (internal)

Current Internal and/or External Results of Actions

The present results of what you are trying to control

**ORGANIZE THINKING**

### Means of Control\*

People & things that help you achieve what you want

**Remember, Imagine, Plan**

Recall what happened, imagine a better way, set a goal, create a plan, evaluate whether plan will work, commit

### Actions or Behaviours

What you do to get the results you want

**Unintended Consequences**

Unplanned things that happen when you act or behave to get what you want

Can sometimes make it more difficult for other living control systems to control their perception

\*Means of control- what’s available in the environment that will help you make your

experiences closer to the way you want them to be

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